

## AMENDMENTS TO THE CLAIMS

1. (Previously Presented) A self massage device comprising:  
a base having a top surface and a bottom surface, said base being substantially rigid and adapted to withstand pressure applied thereto;  
a pair of massage members, wherein each member has a substantially circular cross-section, wherein each member is a substantially ellipsoid arc shaped handle that is fixed to said top surface of said base and extending therefrom, said pair of massage members being substantially rigid and adapted to withstand pressure applied thereagainst, and wherein the substantially ellipsoid arc shape of each member together with the circular cross-section of each member, enables said pair of massage members when engaged to deep skeletal muscle fasciculi endomysium, to capture deep myofibril length of tissue of the muscle fasciculi endomysium and isolate parallel portions of tissue of the muscle fasciculi endomysium; and

a mounting member fixed to said bottom surface of said base and extending therefrom, said mounting member being adapted to support said base and said massage member while pressure is applied thereto.

2. (Previously Presented) The self massage device of claim 1, wherein said pair of massage members are configured in a substantial V-shape, with a gap disposed between the proximal ends of the two members of the V-shape, and wherein the substantially ellipsoid arc shaped handle enables a user to carry the device.

3-10. (Canceled)

11. (Original) The self massage device of claim 1, wherein said mounting member comprises a suction cup.

12-14. (Canceled)

15. (Currently Amended) ~~A method of administering self massage comprising the steps of:~~  
orienting a self massage device to accommodate deep skeletal muscle fasciculi endomysium desired to be massaged; said self massage device comprising:  
a base having a top surface and a bottom surface, said base being substantially rigid and adapted to withstand pressure applied thereto;

a pair of massage members, wherein each member has a substantially circular cross-section, wherein each member is a substantially ellipsoid arc shaped handle that is fixed to said top surface of said base and extending therefrom, said pair of massage members being substantially rigid and adapted to withstand pressure applied thereagainst, and wherein the substantially ellipsoid arc shape of each member together with the circular cross-section of each member, enables said pair of massage members when engaged to deep skeletal muscle fasciculi endomysium, to capture deep myofibril length of tissue of the muscle fasciculi endomysium and isolate parallel portions of tissue of the muscle fasciculi endomysium; and

a mounting member fixed to said bottom surface of said base and extending therefrom, said mounting member being adapted to support said base and said massage member while pressure is applied thereto;

mounting said self massage device in a position suitable to effectuate the massage on the deep skeletal muscle fasciculi endomysium;

leaning against said self massage device and applying pressure upon the deep skeletal muscle fasciculi endomysium; and

moving against said self massage device to massage deep skeletal muscle fasciculi endomysium by capturing deep myofibril length of tissue of the muscle fasciculi endomysium and isolating parallel portions of tissue of the muscle fasciculi endomysium.

16. (Original) The method of claim 15, wherein said step of mounting said self massage device comprises mounting said device on a substantially planar surface in a substantially vertical position.

17. (Original) The method of claim 15, wherein said step of mounting said self massage device comprises mounting said device on a chair in a substantially vertical position.

18. (Previously Presented) A self massage device comprising:  
a massage means for manipulating deep skeletal muscle fasciculi endomysium, said massage means being substantially rigid;  
a support means for supporting said massage means, said support means being substantially rigid;  
a mounting means for mounting said self massage device in a substantially stationary manner, said mounting means being fixed to said support means.

19. (Previously Presented) A self massage device comprising:  
a base having a top surface and a bottom surface;

a pair of massage members fixed to said top surface of said base and extending therefrom, wherein said pair of massage members are configured in an approximate L-shape with a gap disposed between the proximal ends of the two members of the L-shape;

a plurality of suction cups disposed on said bottom surface of said base and extending therefrom, wherein said suction cups are arranged and configured to mount the self massage device on a substantially planar, non-porous surface.

20. (Previously Presented) The self massage device of claim 2, wherein each of the pair of massage members is pivotally fixed to said base.

21. (Previously Presented) The self massage device of claim 20, wherein each of the pair of massage members is adjustable to configure the angle between the two members of the V-shape.

22. (Previously Presented) The self massage device of claim 1, wherein said pair of massage members are configured in a substantial L-shape, with a gap disposed between the proximal ends of the two members of the L-shape.

23. (Previously Presented) The self massage device of claim 18, wherein the mounting means is used to mount the self massage device on at least one of a wall and a door, at a suitable height to permit a user to lean against said self massage device and manipulate deep skeletal muscle fasciculi endomysium.

24. (Previously Presented) The self massage device of claim 19, wherein said plurality of suction cups is used to mount the self massage device in a first position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a splenius capitis muscle, a serratus posterior inferior muscle, a lower trapezius muscle, a lattissimus dorsi muscle, a rotator cuff infraspinatus muscle, and a rotator cuff teres minor muscle.

25. (Previously Presented) The self massage device of claim 19, wherein said plurality of suction cups is used to mount the self massage device in a second position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a quadratus lumborum muscle, a multifidus muscle, a iliocostalis cervicis muscle, a serratis posterior superios muscle, a upper trapezius muscle, a levator scapula muscle, a rhomboid major muscle, a rhomboid minor muscle, a posterior deltoid muscle, a gluteus maximus muscle, a gluteus medius muscle, and a gluteus minimus muscle.

26. (Previously Presented) The self massage device of claim 19, wherein said plurality of suction cups is used to mount the self massage device in a third position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a middle trapezius muscle and a periformis muscle.

27. (Previously Presented) The self massage device of claim 19, wherein said plurality of suction cups is used to mount the self massage device in a fourth position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least

one of a splenius cervicis muscle, a semispinalis capitis muscle, a semispinalis cervicis muscle, a semispinalis thoracis muscle, a longissimus capitis muscle, a longissimus cervicis muscle, a longissimus thoracis muscle, a iliocostalis thoracis muscle, a iliocostalis lumborum muscle, a lateral deltoid muscle, a rotator cuff supraspinatus muscle, and a tensor fasciae latae muscle.

28. (Previously Presented) The self massage device of claim 21, wherein said mounting member is used to mount the self massage device in a first position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a splenius capitis muscle, a serratus posterior inferior muscle, a lower trapezius muscle, a lattissimus dorsi muscle, a rotator cuff infraspinatus muscle, and a rotator cuff teres minor muscle.

29. (Previously Presented) The self massage device of claim 21, wherein said mounting member is used to mount the self massage device in a second position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a quadratus lumborum muscle, a multifidus muscle, a iliocostalis cervicis muscle, a serratus posterior superios muscle, a upper trapezius muscle, a levator scapula muscle, a rhomboid major muscle, a rhomboid minor muscle, a posterior deltoid muscle, a gluteus maximus muscle, a gluteus medius muscle, and a gluteus minimus muscle.

30. (Previously Presented) The self massage device of claim 21, wherein said mounting member is used to mount the self massage device in a third position to permit a user to engage

said pair of massage members in effectuating cross-fiber massage techniques on at least one of a middle trapezius muscle and a periformis muscle.

31. (Previously Presented) The self massage device of claim 21, wherein said mounting member is used to mount the self massage device in a fourth position to permit a user to engage said pair of massage members in effectuating cross-fiber massage techniques on at least one of a splenius cervicis muscle, a semispinalis capitis muscle, a semispinalis cervicis muscle, a semispinalis thoracis muscle, a longissimus capitis muscle, a longissimus cervicis muscle, a longissimus thoracis muscle, a iliocostalis thoracis muscle, a iliocostalis lumborum muscle, a lateral deltoid muscle, a rotator cuff supraspinatus muscle, and a tensor fasciae latae muscle.